

'Mel, this is going to hurt me more than it hurts you,' said the Doctor as he turned his struggling companion over his knee.

'But Doctor...' protested Mel as her heels kicked in the air, but her words were cut short as the Doctor's palm slapped down across the trim, rounded seat of her blue and white striped leotard. A yelp of pain echoed through the TARDIS corridors.

'Sorry, Doc, but I did try to warn you,' said Mel. 'That market trader on Metamorphon 3 really meant it when he said his exercise video would give me buns of steel!'